

Food and Drug Administration  
Center for Food Safety and Applied Nutrition  
Office of Special Nutritionals

ARMS#

13341



3 - OUTPATIENT

**000001**

## Clinical Data

DOB

January 25, 1999

S: [REDACTED] is a 48-year-old who last week started a supplement for weight loss which was very similar to Metabolife. On Friday morning she woke up with numbness and loss of use in her right upper extremity. She went to the emergency room where she was seen by Dr. [REDACTED] and told that she had a pinched nerve. She was subsequently found to be hypertensive. She immediately stopped her appetite suppressant. Today she went to [REDACTED] where her blood pressure was 188/110 and then 163/108. She states this was taken with a machine. She continued to smoke but states that she stopped smoking on Friday. She states she has been gradually getting some use back in her hands. It is not 100 percent yet, but Dr. [REDACTED] wants to see her on Thursday for follow-up.

Current Medications: Micronor, Sporanox and piroxicam.

O: Height 5'4". Weight 153 pounds. Blood pressure 150/88; rechecked by me was 150/100. Pulse 86. She is afebrile. There is no tonsillar or posterior cervical lymphadenopathy noted. Tympanic membranes are pearly-gray. The oropharynx is without injection or exudate. Breath sounds are clear. Heart is regular rate and rhythm. No GMR is noted. There is no peripheral edema.

A: Elevated blood pressure without previous diagnosis of hypertension.

P: 1. I have discussed with [REDACTED] that I would like her to follow-up next Monday. If she is found to be hypertensive next Monday we will need to consider starting medication for hypertension.  
2. I would like her to follow-up with Dr. [REDACTED] as planned.

ATL # 90232  
CFSAN # 13341  
4/21/99 JAY

000002

NAME: [REDACTED]

DOB [REDACTED]

DATE: 2-1-99BP: 152/96 HEMOCULT \_\_\_\_\_

PULSE: \_\_\_\_\_ INJECTION: \_\_\_\_\_

WEIGHT: \_\_\_\_\_ URINE: \_\_\_\_\_

NURSE NOTES: \_\_\_\_\_  
\_\_\_\_\_

NAME: \_\_\_\_\_ DOB \_\_\_\_\_

DATE: \_\_\_\_\_

BP: \_\_\_\_\_ HEMOCULT: \_\_\_\_\_

PULSE: \_\_\_\_\_ INJECTION: \_\_\_\_\_

WEIGHT: \_\_\_\_\_ URINE: \_\_\_\_\_

NURSE NOTES: \_\_\_\_\_  
\_\_\_\_\_

ATL# 90232  
CFSA# 13341  
4/21/99 JAY

000003

25	7:00 a.m.		188	110	91
	7:05		168	108	93
25	3:00		150	100	
28	3:00		168	93	
1	3:30		155	96	
1/-	Started Zine				
13	8:15 a.m.		150	98	73
	8:25 "		144	92	71
	1:20 "		140	78	62
4	8:25 "		144	86	77
5	9:15 a.m.		137	77	81
8	2:00 p.m.		136	84	88 (1 hr. walk)
9	8:00 a.m.		140	95	77
11	1:00 p.m.		140	80	81
7	8:30 a.m.		137	77	83
9	9:00 a.m.		168	104	82
	9:10 a.m.		148	98	88
	10:30 a.m.		156	104	89
2	8:00 a.m.		149	90	83
	9:00 a.m.		142	88	92

ATL# 90232  
 CFSAN# 13341  
 4/21/99 JAZ

000004

**Clinical Data****DOB****February 22, 1999**

- S: [REDACTED] is a 48-year-old who comes in to follow-up on her hypertension. She brings me some readings from a blood pressure machine at [REDACTED] which shows that she is continuing to run borderline. She has started walking up to two miles two to three times per week and is only having two or three cigarettes per day.
- O: Height 5'4". Weight 151 pounds which is down 2 pounds. Blood pressure 122/70. Pulse 80. She is afebrile. Breath sounds are clear. Heart is regular rate and rhythm. No GMR is noted. There is no peripheral edema present.
- A: Hypertension with good control.
- P:
1. Ziac 2.5 mg, one p.o. daily, #34, five refills.
  2. I would like her to follow-up in a period of six months if not sooner. She is to contact me for any problems.

**000005**

ATZ# 90232  
CFSA# 13341  
4/21/99 JDL